News release

Wrap up warm

25 February 2005

Many reports from around the country have been coming in to the Met Office.

Thanks to everyone who responded to the request for information, observations of this kind are crucial to the forecasters and help fill in the gaps.

Wrap up warm and ensure you have enough heating, as the cold can be fatal - is the message as the wintry weather looks set to continue through the weekend and into next week.

When temperatures fall to sub-zero, research shows that many conditions such as respiratory diseases are made worse and the number of strokes and heart attacks peak some days later. As the cold snap across the UK continues, vulnerable people are particularly at risk.

Large parts of Britain have had up to several inches of snow over the last few days. Even those that haven't had snow have not escaped the freezing temperatures. Met Office forecasters are predicting the cold weather will last for a few days yet and there's even a risk of snow returning to some parts of the country through Monday and Tuesday.

Chief Meteorologist at the Met Office Ewen McCallum said: "With such a prolonged cold snap people have to make sure they are warm during the day and at night. And also wrap up well when they travel. Check on any elderly or vulnerable relatives or neighbours."

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